

CARBON MONOXIDE (CO)

THE SILENT KILLER

Carbon Monoxide (CO) is a deadly gas which you can't see, smell or taste.

CARBON MONOXIDE POISONING ON BOATS

Each year people die or are made seriously ill from CO poisoning on boats. CO is inhaled into your lungs and cuts off the oxygen supply to your body, which can kill in minutes. Be alert to flu-like symptoms, which can include **headaches, nausea and fatigue.**

Regular maintenance and proper operation of a vessel will keep CO levels at a minimum and reduce the chance of CO poisoning.

Faulty and leaking exhaust systems can allow CO to enter cabins and accommodation spaces. **Over 30%** of marine exhaust systems inspected by AMS show indications of current or previous exhaust leaks.

- CAN'T SEE IT
- CAN'T SMELL IT
- CAN'T TASTE IT

POTENTIAL SYMPTOMS OF CO POISONING

Headache | Nausea | Fatigue | Dizziness | Shortness of breath



A SIMPLE EXHAUST INSPECTION INCLUDES

- Checking mounting clamps are in place and secure.
- There is no rust, exhaust soot, water leaks, corroded or cracked fittings.
- Rubber hoses are pliable and free of kinks with no burnt or cracked sections.



CO ALARMS CAN SAVE LIVES

CO alarms are reasonably priced and can protect you, your crew, and visitors on your boat from the "Silent Killer" - Carbon Monoxide

More information on CO poisoning can be found at: http://uscgboating.org/assets/1/AssetManager/CO-Brochure-2015.pdf

CO Levels and its effect

PPM	Symptoms and applicable standard
0-1	Normal background levels.
9	Maximum indoor air quality level: Maximum allowable concentration per ASHARE Residential standards 62-1989 for living area.
25	Maximum limit 8 hrs. of continuous exposure per California OSHA workplace standard.
100	Remove employees from enclosed space if the CO concentration exceeds 100 ppm per OSHA exposure limit.
200	Mild headache, fatigue, nausea and dizziness within 2-3 hours.
400	Frontal headache, life-threatening after 3 hrs.
800	Dizziness, nausea, convulsions, death within 2-3 hrs.

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